

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
	<b>OFFICE CLOSED</b> 	2 Yoga 9:30-10:30am Chess Drop-in 10am-1pm <b>No Euchre</b>	3 Snooker 9-11am Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	4 <b>Chinese Social</b> French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
7 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm	8 <b>Tamil Social</b>	9 Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4pm	10 Snooker 9-11am Fitness with Maija 10-11am <b>Computer Creation 10-11am</b> <b>Solutions for Better Sleep</b> <b>Workshop 1-2pm</b> Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	11 <b>Chinese Social</b> French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
14 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm <b>Lunch out to Mandarin 12- 2:30pm</b>	15 <b>Tamil Social</b>	16 Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4pm	17 Snooker 9-11am Fitness with Maija 10-11am <b>Computer Creation 10-11am</b> <b>Solutions for Better Sleep</b> <b>Workshop 1-2pm</b> Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	18 <b>Chinese Social</b> French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
21 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm <b>Sweet Talk:</b> <b>East York Meals on Wheels's Diner</b> <b>Club and Meals on Wheels Program</b>	22 <b>Tamil Social</b>	23 Yoga 9:30-10:30am Chess Drop-in 10am-1pm Euchre 12-4pm	24 Snooker 9-11am Fitness with Maija 10-11am <b>Computer Creation 10-11am</b> Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm <b>Movie: Greyfriars Bobby</b> <b>1-3pm</b>	25 <b>Chinese Social</b> French Class 10-11am Line Dancing 10:30-11:30am Bead Class 1:15-2:15pm Tai Chi 1:15-2:15pm
28 Gentle Fitness 9:15-10:15am Beginner's Euchre 10-11:30am Poker 11am-3pm <b>Bingo 1-3pm</b>	29 <b>Tamil Social</b>	30 Yoga 9:30-10:30am <b>Foot Clinic 11am-1pm</b> Euchre 12-4pm	31 Snooker 9-11am Fitness with Maija 10-11am <b>Computer Creation 10-11am</b> Cribbage 10am-12pm Knit and Chat 1-3pm Beginner's Poker 1:30-3:30pm	

- Programs are at 2 Gower Street unless otherwise noted
- Special events are indicated in red.

# PROGRAM DESCRIPTIONS

For more information call (416) 752-0101

## SPECIAL EVENTS

### **Sweet Talk:**

Monday, Jan 21<sup>st</sup>

Time: 1-2pm Cost : \$1

East York Meals on Wheels's Diner Club and Meals on Wheels Program

Join us to learn about East York Meals on Wheels's Diner Club program and Meals on Wheels's program.

### **Computer Creations**

Thursday, Jan 10<sup>th</sup>- Jan 31<sup>st</sup>

Time: 10-11am Cost: Free

Learn how to make photo collages, create posters, use Microsoft publisher and voice your story through design

### **January Lunch Out**

Monday, Jan 14<sup>th</sup>

Time: 12:00-2:30pm Cost: \$21

Join us at Mandarin Restaurant (2206 Eglinton Ave East) for a lunch out.

### **Movie: Greyfriars Bobby**

Thursday, Jan 24<sup>th</sup>

Time: 1-2pm Cost: Free

### **Solutions for Better Sleep Workshop**

Thursday, Jan 10<sup>th</sup> & 17<sup>th</sup>

Time: 1-2pm Cost: Free

Join this 2 week workshop to identify the sleep problems and learn about the easy solutions for better sleep

### **Foot Clinic**

Wednesday, January 30<sup>th</sup>

Time: 11-1pm Cost: \$10

## HEALTH AND WELL-BEING

**Yoga** "Hatha Yoga". It is based on Asana (posture) and Pranayama (breathing). If you have your own yoga mat bring it or you can use Harmony Hall's mat. If you have a problem sitting low to the ground you are able to perform these moves while seated on a chair. Come and try it, you will love it.

Ongoing, Free

**Line Dancing-** Fridays 10:30-11:30am.

Ongoing, \$10 for 10 classes

**Gentle Fitness** Mondays 9:15-10:15am  
Designed to improve, range of motion, balance and strength to allow participants to complete daily movements with confidence. This class is ideal for those new to exercise, with joint problems or limited mobility

Ongoing, Free

**Tai Chi** Fridays 1:15-2:15pm. Tai Chi is an art of embracing the mind, body and spirit; It is one of the most effective exercises for the health of the mind and body.

Ongoing, Free

## SPECIAL INTEREST CLASSES

**Knit & Chat** This this activity for you to learn a new hobby and socialize with likeminded people. All you have to do is bring some yarn, a pair of knitting needles or a hook.

Thursdays from 1:00-3:00pm. Free of charge! All skill levels Welcome! Must be a member of Harmony Hall.

**Poker** Poker is a family of card games involving betting and individual play, whereby the winner is determined by the ranks and combinations of player's cards. It combines strategic challenges with psychological elements. With poker, you don't play just your cards, you also need to analyze and react to your opponents. It is a strategy game, but also a very social, human game.

**Beginner's Euchre** Mondays 10:00-11:00am  
Free lessons with an instructor

**Chess Drop-In** The Chess Club provides an exciting opportunity to play against other members. Free lessons with an instructor

**Euchre** We are a group of seniors who enjoy a game of cards. We welcome new people to come out and join us. It has been said "I come for a cup of tea and friendship", so come out and give us a try if you like to play cards and enjoy a cup of tea and are interested in making new friends. We are looking for new members!

**Bingo Dec 17th** 1:00pm-3:00pm

Cost: \$1 per Card. Refreshments will be provided. Please Register Early.

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**Cribbage:** Cribbage, or crib, is a card game traditionally for two players but commonly played with three, four or more. It involves playing and grouping cards in combinations which gets points.

**Snooker:** Looking for new players

**Bead Class:** Joint activity- \$4 per class or \$ 12 per month (Materials not included)

### Client Intervention Assistance

We help out members to identify their challenges and provide referrals and service coordination. We assist in completing forms, making applications for various services and programs.

If we can't HELP we will find someone who can.

### FREE FITNESS CLASSES AROUND TOWN

**Free Gentle Fitness Classes offered at these locations. Registration required.**

**Call instructor Jose Balba 647-882-8778**

**Access Alliance, 3079 Danforth Avenue**

Tuesday and Thursday

9:00am -10:00am

**Byng Towers, 3330 Danforth Avenue**

Wednesday and Friday 11:00am- 12:00pm

**682 Warden**

Monday and Thursday 3:00pm-4:00pm

**40 Firvalley**

Monday and Thursday 4:00pm-5:00pm

**444 Lumsden**

Monday and Saturday 3:00pm-4:00pm

### Changes to Annual Membership Year

Please be advised that we have made a small change to our annual membership year. The financial year of South Riverdale/Harmony Hall is April 1st to March 31st. Therefore it is natural and more efficient if our membership year matches the same dates. So it's been decided, starting this year, membership will run from April to March, instead of September to August. That means from September 2018 members would only pay for half the year (\$7.50) so that membership will end in March 2019. We will hold our Membership Renewal this April at the regular annual fee of \$15.00.

Members who have already paid the full fee in September 2018 will pay the \$7.50 in April 2019.

Thanks to all our members, who make Harmony Hall a very special place.

### Program Membership Benefits

- A variety of free drop-in recreational activities and classes
- Peer Support
- The opportunity to contribute towards program development
- Client Intervention Assistance
- Exposure to a multicultural environment and diverse staff
- Opportunity to apply to be a corporate member